



for more information
go to
www.TheCentreAtVitaZen.com

June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Saturday August 8th</i> <i>Sound Bath & 5NP Acupuncture!</i> <i>Registration is required</i></p>	<p><i>1</i> 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge</p>	<p><i>2</i> 11:00am-Strong & Balanced w/Leslie 2:00pm -Yoga w/Cheran</p>	<p><i>3</i> 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett</p>	<p><i>4</i> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran</p>	<p><i>5</i> 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda</p>	<p><i>6</i> 11:00am-Saturday Salutation</p>
<p><i>7</i> 11am-Restorative Sunday w/Brett</p>	<p><i>8</i> 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge</p>	<p><i>9</i> 11:00am-Strong & Balanced w/Leslie 2:00pm -Yoga w/Cheran</p>	<p><i>10</i> 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett</p>	<p><i>11</i> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran</p>	<p><i>12</i> 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda</p>	<p><i>13</i> 11:00am-Saturday Salutation</p>
<p><i>14</i> 11am-Soothing Sunday w/Brett</p>	<p><i>15</i> 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge</p>	<p><i>16</i> 11:00am-Strong & Balanced w/Leslie 2:00pm -Yoga w/Cheran</p>	<p><i>17</i> 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett</p>	<p><i>18</i> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran</p>	<p><i>19</i> 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda 6:00pm Yin w/Brett 90 minute</p>	<p><i>20</i> 11:00am-Saturday Salutation</p>
<p><i>21</i> 11am-Soothing Sunday w/Brett</p>	<p><i>22</i> 11:00am-Ageless Yogis w/Glenda 3:00pm-NO CLASS 6pm-Yoga w/Marge</p>	<p><i>23</i> 11:00am-Strong & Balanced w/Leslie 2:00pm -Yoga w/Cheran</p>	<p><i>24</i> 9:00am-NO CLASS 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett</p>	<p><i>25</i> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-NO CLASS</p>	<p><i>26</i> 9am-Yoga w/Ann 11:00am-NO CHAIR YOGA 1:00pm BeYin w/Glenda</p>	<p><i>27</i> 11:00am-Saturday Salutation</p>
<p><i>28</i> 11am-Soothing Sunday w/Brett</p>	<p><i>29</i> 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge</p>	<p><i>30</i> 11:00am-Strong & Balanced w/Leslie 2:00pm -Yoga w/Cheran</p>	<p>Tickets \$12 each 4 for \$46 10 for \$105</p>		<p>Unlimited Monthly Pass \$99</p>	<p>Zoom Ageless Yogis is Tue & Thu @11am Flyer for Details \$65 per month</p>